Capital Roots’ Taste Good Series is a six-week nutrition education program through which children in pre-school through second grade are introduced to new fruits and vegetables and learn about the health benefits of fresh produce. Capital Roots’ educator teaches these important lessons in city classrooms throughout Albany, Rensselaer and Schenectady counties by utilizing reading, games, age-appropriate science experiments, food tastings, of course, and more!

This hands-on approach to learning engages students in the process of developing their own healthy lifestyles. Learning where food comes from and how it affects the body is an invaluable skill that will serve each child for a lifetime. Bananas, kale, and broccoli taste good! And that’s what students say after giving fruits and vegetables a try during this interactive educational program.
Capital Roots nourishes healthy communities by providing access to fresh food and green spaces for all.

Get involved:

Donations fund program expansion and ongoing operations, which increases the number of children we are able to reach with fresh, healthy food.

Encouraging your local school, afterschool program or summer camp in the Capital Region to reach out to Capital Roots about the Taste Good Series means that more and more youngsters—especially those in schools where more than 50% of students are on the Free and Reduced Price Lunch Program—will have the opportunity to learn about living healthy lifestyles.

Visit our website, www.capitalroots.org, for more information or to make a donation. Contact the Capital Roots Educator for more information on bringing this program to your school by emailing educator@capitalroots.org.